

Intervention: Becoming a Responsible Teen

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

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|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Becoming a Responsible Teen is a culturally appropriate HIV prevention curriculum for African American youth in non-school, community-based settings. The program has eight 90-minute to two-hour sessions that include activities focused on behavioral skills in assertion, refusal, problem solving, risk recognition, and condom use. Program sessions are designed for use in single-sex groups facilitated by a male and a female.

Becoming a Responsible Teen is based on social learning and self-efficacy theories.

Findings from the systematic reviews:

Evaluations found effectiveness for delaying the initiation of sex, reducing the frequency of sex among sexually active participants, decreasing the incidence of unprotected sex (including anal sex), and increasing condom use.

Becoming a Responsible Teen is one of the Centers for Disease Control and Prevention's "Programs-that-Work."

Limitations/Comments:

Program has been limited to African American teens, 14 to 18 years of age, in urban areas.

Additional information:

[CDC](http://www.cdc.gov/hiv/pubs.htm) - www.cdc.gov/hiv/pubs.htm

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References:

Alford, S. Science and Success: Sex education and other programs that work to prevent teen pregnancy, HIV and Sexually Transmitted Infections; 2003. Available online at:

[Advocates for Youth](http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf) - <http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf>